

Warm-up Ideas

It is important to warm up before you play. This sheet gives some ideas.

Find a good starting note and then do very slow, sequential patterns. A full example is shown below, and then some suggestions of melodic patterns to make into sequences. All exercises can be done up an octave.



These are the patterns which can be extended. As you can see they vary in difficulty, but don't include large intervals. You can make up your own to suit your needs.



It is also good to do some warm-ups using intervals. This is an example of an exercise. Again, you can experiment with your own.

The image displays six staves of musical notation, each starting with a measure number: 22, 26, 30, 34, 38, and 42. Each staff is written in treble clef and contains a sequence of notes connected by a slur, indicating a continuous melodic line. The notes are primarily eighth and quarter notes, with some half notes. The key signatures vary across the staves, including one sharp (F#), one flat (Bb), and two flats (Bb, Eb). The exercise focuses on interval training, with notes often moving in stepwise or small interval patterns.

It is important that you spend time on warming up. An athlete wouldn't run a marathon without stretching first.

The warm-up must be easy for you. Patterns using two or three notes are much better than long sequences that you find difficult.

Always take it very slowly and listen to yourself, aiming for the best sound you can get.